

Memorial Day Modified Group and Aqua Fitness Schedule Monday, May 28, 2018

PLEASE NOTE: Regular classes will NOT be held on this day.

Pool

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	Aqua Zumba and Sculpting	Alison Snyder

(45 minutes of Aqua Zumba with a 15 minute sculpting to finish off your workout!)

Studio 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	BODYPUMP	Jen Breton
9:30 - 10:30 AM	BODYSTEP	Patty Sheehan
10:30 - 11:00 AM	CXWORX	Patty Sheehan

Mind Body Studio

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	Zumba	Jenn Stebbins
11:15 - 12:15 PM	Yogabasics	Jennifer Faber-Lascoskie

Cycling Studio

TIME	CLASS	INSTRUCTOR
9:45-10:15 AM	SPRINT	Jen Fanaro

Agility Room

TIME	CLASS	INSTRUCTOR
9:00-10:00 AM	SilverSneakers Classic	Chris Butler

For more information:

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